



Fraser River Run

The monthly newsletter of Xat'sül First Nation



ANNUAL CORN PICKING TRIP REMAINS POPULAR

Members and staff visited Soda Creek on September 8 for the annual corn picking trip

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Pellsllwéltsten (everything leaves or sleeps month) – October 2022



Dozens come out to pick Soda Creek corn

The Treaty Department once again took the community corn picking at the Dunlevy Ranch at the end of the summer.

In total, around 62

people ended up getting corn.

A big “thank you” goes out to Treaty/Natural Resource Assistant Jessie Hunlin for

organizing the event as well as all the Xat’süll staff who helped make it possible.

We hope to see our members come out again

next year at it’s always a great opportunity to spend some outside time with other members and staff and to get some fresh corn.



First Nations Drinking Water Settlement



A quick reminder that the claims period is open for the First Nations Drinking Water Class Action until March 7, 2023.

Background:

Canada has settled a class action lawsuit to address the harms from longterm drinking water advisories existing in First Nations communities across Canada.

The \$8 billion settlement, which the Court has approved, includes:

- \$1.8 billion to impacted First Nations and individuals.
- \$50 million for eligible individuals who experienced

Specified Injuries due to drinking water advisories that lasted at least one year in the specified period

- \$6 billion to support construction, upgrading, operation and maintenance of water infrastructure on First Nations Land

The settlement also refers to a Canada's commitment to

an Action Plan for the lifting of all long-term Drinking Water Advisories in First Nation communities, planned modernization of legislation, the creation of a First Nations Advisory Committee on Safe Drinking Water and support for First Nations to develop their own safe drinking water by-laws and initiatives.

What does it mean for Xatsúll Members?

There's potential benefit for individual members if you lived on reserve from August 8, 2001 to September 27, 2002 or from September 17, 2004 to November 4, 2005, when there was a drinking water advisory at Xatsúll.

The opt out period for individuals to opt out of the class action has passed. Xatsúll members who lived on reserve on the applicable dates and did not opt out of the

class action are now part of the settlement.

Compensation may be available for Xatsúll members who make a claim, including:

- Persons under disability
- Minor children
- Members who lived on reserve during the applicable time but passed away
- Individuals who experienced injuries related to one of the

two above advisories.

To learn more information about the class action or to apply as an individual member, please visit firstnationsdrinkingwater.ca/index.php/making-a-claim/

If you have questions about individual compensation under the settlement, please contact counsel@firstnationsdrinkingwater.ca or call 1-833-265-7589.





Kelly & Avo, Education Department



Hello Again!

Summer is over and we're off to a good start for the school year. There was a flurry of activity at the education building in July and August with the Kids Summer Camp back after a two-year absence. The hot days made for perfect lake and pool outings while kids reconnected with friends and cousins they hadn't seen in a while. They did crafts, went bowling, swam at the pool, visited the Heritage Village, Scout Island and Barkerville and had plenty of lake days around the area.

Other things happening in Education and Head Start this fall:

Back-To-School – With summer ending, it's time to fill out waivers again for kindergarten to grade 12. Thank you to the parents and caregivers who already completed theirs

in August; there are a couple more that need to be completed and if your child lives on-reserve, please call the education department (250) 989-2323, Ext 112. Deadline is Oct. 15.

Xat'sull Elders Smartphone Class - A four-week course with instructors from Cariboo Chilcotin Partners for Literacy (CCPL), was well attended and Elders learned more about what their phones can do. We are planning another computer course and Smartphone course likely during November and in the New Year.

Xat'sull Head Start Playgroup - Begins Oct. 5, every Wednesday

from 1:30 to 3 p.m. until Nov. 16. Please, register with Kelly if you would like to attend with your child. This structured program will have circle time, snacks, free play and activities. Cecelia DeRose will also join our group again offering Secwepemc teachings for children and Alys Wardlaw, a Speech and Language Pathologist, will visit the children and parents.

Xat'sull Head Start Gymnastics – Starting on Sept. 26, children who are registered band members in Head Start and living in the community can learn gymnastics from a certified coach. Our next sessions are Oct. 3, 17

and 24. Suitable for ages three to five, lessons are at the Gymnastics Club on McKenzie boulevard and parents or caregivers must be present. Please register with Kelly at (250) 989-2323, Ext 127.

Xat'sull Head Start Parents & Elders Knit – This fun group starts on Oct. 23 and is for Head Start parents or caregivers and Elders living in the community. With three experienced knitting teachers, we will learn how to knit simple wash cloths and face cloths to start. Come out for a relaxing Sunday afternoon. Please register with Kelly at (250) 989-2323, Ext 127.

Xat'sull Head Start Learning Packages –

Children who started kindergarten this fall have now aged out of the Head Start program and will no longer be receiving learning packages. Band members living on reserve are now part of the local nominal roll and parents should have received back-to-school supply assistance cheques by now. The next learning packages will be in late October. Please call Kelly if you haven't already filled out a registration form (250) 989-2323, Ext 127.

Don Burnstick Comedy Show –

After an unexpected cancellation in June,

we have rebooked Don Burnstick for two appearances; Friday, Oct. 14 at 7 p.m., and Saturday, Oct. 15 at 3 p.m. This is a free, ticketed event at the Gibraltar Room (Recreation Complex). If anyone has the previously issued admission tickets (yellow ones) from June, please discard those, and pick up new ones at the Band Office, Health Department or from the Education Department – the new tickets are burgundy colored. We look forward to welcoming all community members and their families for an hour of laughter!

Kelly & Avo,
Education & Head Start





Jennifer Stinson, Social Development Coordinator

Happy Thanksgiving & Halloween month. Cannot believe it is fall time, where did the summer go!

Some updates, on what has been going on in Social Development.

- The Pre- Employment runs every two weeks, Mondays & Tuesdays from 9:30 a.m. to 2 p.m., downstairs in the gym.
- **Just a gentle reminder to ALL Single Employable Clients, it is**

mandatory for one to participate in the program to be eligible for Income Assistance. The next sessions will be Oct. 11 and Oct. 24 & 25.

- The food bank is still going strong, and is open to ALL, band members.

Just a gentle reminder for the FOOD BANK, it is open every other Thursday's from 1:30 pm to 4 p.m. ONLY (Remember to bring your own bags or boxes to carry all your food items).

- Also, a reminder to all Income Assistance Clients the monthly declaration forms must be in every month by the 10th, to be eligible for Income Assistance.

HISTORY OF THE FOOD BANK

We have started having a food bank for the community & band members, because I would have some elders come to my department looking for help, and I was not able to help them out. So, we figured a food bank would be immensely helpful for all community and band members especially when we went and are still going through the pandemic. We had started the food bank just before the pandemic had hit. When I had first started the process, me, and a few of my co workers would go in and do all the shopping at Wholesale. We would do all the shopping and load it up in the bus,

then bring it back to the office and unload it ourselves. But now we get our food order from a company called The Grocery People, which is based in Kamloops.

I just email them our food order and they deliver it right to the food bank, which makes it so much easier, and its such good service as well working with this company.

- The food bank is open every other Thursday, from 1:30- 4:30 p.m.
- Please bring your own bags or boxes.
- It is open to all community and band members.

The next food bank dates are:

- October 13th
- October 27th



October

2022

SOCIAL DEVELOPMENT DEPARTMENT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 PRE-EMPLOY. CLASS 7 DRIVERS TRAINING (In town @ S.A.G.E)	4 PRE-EMPLOY. CLASS 7 DRIVERS TRAINING	5 MID- MONTH PRE-EMPLOY. CLASS 7 DRIVERS TRAINING	6 PRE-EMPLOY. CLASS 7 DRIVERS TRAINING	7 PRE-EMPLOY. CLASS 7 DRIVERS TRAINING	8
9	10 THANKSGIVING DAY OFFICE CLOSED	11 Pre-Employment In the gym @ 9:30 am	12 HOUSEHOLD BILLS DUE, EITHER BY EMAIL OR DROP OFF @ THE OFFICE MONTHLY DECLARATION FORM DUE TODAY TOO	13 FOOD BANK 1:30 – 4:00 pm	14	15
16	17	18	19 SA DAY	20	21	22
23	24 Pre-Employment In the gym @ 9:30 am	25 Pre-Employment In the gym @ 9:30 am	26	27 FOOD BANK 1:30 – 4:00 pm	28	29
30	31 HALLOWEEN					

October 2022

Xat'sūll Health Station Events Calendar

Call 250-989-2355 for rides needed for medical travel, it must be booked on Monday for Wednesday's Travel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Counselling 1:00-4:00pm	4 ADP Luncheon 12-2pm	5 Med travel	6 Veggie Bag 1-4pm	7 Integrative Therapy 8:30-3:30pm	8
9	10 Thanksgiving Day Statutory Holiday Office closed	11	12 HCC travel	13	14 Integrative Therapy 8:30-3:30pm Hunting Camp Gavin Lake	15 Hunting Camp Gavin Lake
16 Hunting Camp Gavin Lake	17 Counselling 1:00-4:00pm Massage 12-8pm	18 ADP Luncheon 12-2pm Massage 12-8pm	19 Med travel Massage 12-8pm	20 Massage 8:30-4:30pm	21 Integrative Therapy 8:30-3:30pm Massage 8:30-4:30pm	22
23	24 Dental Therapist 1:0-4:00pm Counselling 1:00-4:00pm	25 Dental Therapist 9:30-3:00pm	26 HCC travel	27	28 Integrative Therapy 8:30-3:30pm Halloween Party 5-9pm Gym	29
30	31 Counselling 1:00-4:00pm					



 **HALLOWEEN**
PARTY

FRI, OCT 28th
5-9 PM
Xats'ull Gym

TRICK OR TREAT

Costume Contest | DJ Dance | Dinner | Fireworks

Join us for a costume party and dancing.
Dress up and be spooky. Call Health, 250.989.2355 if you
have any questions. Family friendly event
~Absolutely no alcohol or drugs are permitted~

HUNTING CAMP

October 14-16th

Gavin Lake Forest Education Centre



Join us for a three day hunting camp. All food is provided. Cabins are available and bring your own bedding. All you need to bring is clothing, and personal hygiene items. Register today! Call Health Station at 250-989-2355.

Sign up by Monday, October 3rd, 2022

Archery | Canoeing | Fishing | Hiking | Outdoor Sauna

VEGGIE BAG

THUR, SEP 15th, 2022

1:00-4:00 pm

XAT'SULL HEALTH STATION

This is the next veggie bag day for households on reserve. If you have already signed up, you will be automatically added to the list. Call Health at 250.989.2355 to be added to the list. Can be delivered or picked up from Health Station.



MASSAGE

WITH KIM LITTLEWOOD
OF NORTH OF 7 BODYWORKS & MASSAGE

SEP 12-16th, 2022
OCT 17-21st, 2022

MON	12:00-8:00 PM
TUE	12:00-8:00 PM
WED	12:00-8:00 PM
THUR	8:30-4:30 PM
FRI	8:30-4:30 PM



The appointments are 1 hour and 20 minutes long
25 spots available | Book as soon as possible | Covid protocols in place
We ask if you are sick to please cancel your appointment
To book an appointment, call Health at 250.989.2355.

PHYSIOTHERAPY



CALL COMMUNITY HEALTH
STATION TO BOOK YOUR
APPOINTMENT



Upcoming Dates:

SEPTEMBER 7, 2022

XATSULL 8:30 - 12

WLFN 1 - 4:30

SEPTEMBER 21, 2022

CANOE CREEK 8:30 - 12

DOG CREEK 1-4:30

OCTOBER 12, 2022

XATSULL 8:30 - 12

WLFN 1 - 4:30

OCTOBER 19, 2022

CANOE CREEK 8:30 - 12

DOG CREEK 1 - 4:30



Three Corners Health Services Society



XATŚŪLL HEAD START GYMNASTICS!

PARENTS MUST ACCOMPANY CHILDREN

For children in Head Start 3-5 years old living on reserve and *not* attending school

- 4 weeks
- Fun, structured group lessons at Cariboo Chilcotin Gymnastics Association
- Certified gymnastics coach
- Children will have access to large floor mats, circuit rings, ropes, vaults, tunnels, jumping hoops & trampoline

What to bring & wear

- Comfortable clothing (stretchy pants or shorts, t-shirt, socks)
- Water bottle

Dates: September 26, October 3, 17, 24, 2022.

Time: 11:15 am to 12:15 am

Place: Cariboo Chilcotin Gymnastics Association,
680 MacKenzie Ave S, Williams Lake

**No class on Thanksgiving Day, October 10th*



Please register with Kelly (250) 989-2323, Ext 127



FREE LIVE COMEDY SHOW

Xatsūll First Nation is putting on two free comedy shows for members and staff with comedian Don Burnstick on:

Friday, Oct. 14 at 7 p.m.

Saturday, Oct. 15 at 3 p.m.

Location: Gibraltar Room
(525 Proctor Street, Williams Lake)

This is an alcohol-free family event.
No photographs or audio.



WLFN and Xats'ull Community Members, please join us for a

Cariboo Gold Project Community Engagement Session & Dinner

Tues. Oct. 18 @ the Xats'ull Gymnasium

Representatives from the Cariboo Gold Project (Osisko), the Environmental Assessment Office, and our technical team (LGL, Source Environmental, and Intrinsik) will be there to present and answer questions.

Doors Open @ 5:30pm | Dinner provided

For more info, or for a Zoom link to attend virtually, please contact:

Nishitha at WLFN: nishitha.singi@wlfm.ca

Mike at Xats'ull: mining@xatsull.com or
250.989.2323 ex 160

COUNSELLING

MON, OCT 3, 17, 24 & 31st, 2022

1:00-4:00 pm

Xatśūll Health Station

Bill McGinnis is a Registered Clinical Counsellor. He is born and raised in Williams Lake. He has over ten years of experience working with the Cariboo Friendship Society as the Aboriginal Wellness Coordinator and as well as the Aboriginal Wellness Clinician. He has a passion for assisting within his community and surround areas.

To book an appointment, call Health at 250.989.2355.



Dental Therapist

MON, OCT 24th 1:00-4:00pm

TUE, OCT 25th 9:30-3:00pm

Xat'sūll Health Station

The services offered are:

- cleanings
- fillings
- extraction
- exams
- X-rays
- referrals.

Please contact Health at 250-989-2355 to book an appointment.



INTEGRATIVE THERAPY

FRI, OCT 7, 14, 21 & 28th, 2022

8:30-3:30 pm

Xat'sūll Health Station

Creating wellness and healing trauma can be an empowering and exciting process, but only if we include practices that attend to all the parts of our experience. Otherwise, we can work ourselves for years and years and just feel like we're spinning in circles.

Integrative Therapy is the practice of bringing these parts of our being back together, understanding how the body and environment influence the mind and spirit (and vice versa) and employing powerful practices that shift us out of old, damaging patterns. This isn't 'quick fix' medicine, but a process that can dramatically change a person's emotional + physical health over time.

Integrative Therapy reconnects a person with their innate capacity to heal and know themselves.

SESSIONS MAY INCLUDE:

Holistic Nutrition + Supplementation Guidance
Body-Based Trauma Release Breathwork + Yoga Meditation
Guided Visualization Massage + Energy Work

Call Health at 250.989.2355 to book an appointment



ABOUT CIEL GROVE, MA

Ciel is a Crisis Counselor, Holistic Nutrition Consultant, Herbalist, Yoga Teacher, Certified Wellness Coach, Initiated Shamanic Practitioner, Doula, and a few other things. She holds a Masters Degree in Integrative Healing, and works with both groups and individuals around the world.



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9				5	1		4	
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EASY PUZZLE

4		6		2				
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	5			7			4	
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MEDIUM PUZZLE

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HARD PUZZLE

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VERY HARD PUZZLE

PUZZLES

1	6	7	5	2	4	9	3	8
2	3	9	1	7	8	6	5	4
8	5	4	3	9	6	2	7	1
6	9	8	7	4	2	3	1	5
7	2	3	6	1	5	4	8	9
5	4	1	8	3	9	7	6	2
3	1	2	4	8	7	5	9	6
9	7	6	2	5	1	8	4	3
4	8	5	9	6	3	1	2	7

EASY SOLUTION

4	1	6	9	2	3	5	8	7
5	8	2	4	1	7	6	9	3
3	9	7	6	8	5	4	1	2
7	3	9	1	6	4	2	5	8
1	5	8	3	7	2	9	4	6
6	2	4	8	5	9	7	3	1
9	7	3	2	4	1	8	6	5
2	6	1	5	9	8	3	7	4
8	4	5	7	3	6	1	2	9

MEDIUM SOLUTION

6	1	8	2	3	7	9	5	4
5	3	4	6	9	8	7	2	1
9	2	7	1	4	5	8	3	6
4	6	3	8	7	2	1	9	5
7	5	9	4	1	6	3	8	2
1	8	2	9	5	3	4	6	7
3	7	1	5	2	9	6	4	8
2	4	6	3	8	1	5	7	9
8	9	5	7	6	4	2	1	3

HARD SOLUTION

1	3	9	2	7	6	4	5	8
2	5	4	1	3	8	9	6	7
6	8	7	4	5	9	2	1	3
4	1	3	9	8	2	6	7	5
7	9	5	3	6	1	8	4	2
8	2	6	5	4	7	3	9	1
5	6	1	8	2	4	7	3	9
3	7	8	6	9	5	1	2	4
9	4	2	7	1	3	5	8	6

VERY HARD SOLUTION

REFLECTIONS - COLOURING PAGE



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JOB OPENING

NATURAL RESOURCES MANAGER



Job Summary

The Natural Resources Manager contributes to the overall success of the organization by coordinating the effective development, provision, and evaluation of natural resource programs and services in the community according to the organization's vision, objectives, and strategic direction. The Natural Resources Manager carries out the mandate to protect and implement Aboriginal Rights and Title, building on and using the established capacity in land and resource management to operate programs and develop new initiatives. As an advocate for sustainable and healthy communities, the Natural Resources Manager manages the referral program and develops plans for land use.

Duties and Responsibilities

Operations:

1. Leads the management and preservation of the natural resources within Xatsúll's Traditional territories.
2. Coordinates an internal forum and implements strategies to progress Xatsúll First Nation's Title and Rights.
3. Develops, implements, and evaluates an operational plan for the Natural Resources Department (NRD) which incorporates goals and objectives for programs and services.
4. Develops and implements, in coordination with the Referrals Coordinator, a response protocol for referrals and activities based on extraction harvesting, development and other impacts on Xatsúll's Title and Rights.
5. Ensures all land and resource related referrals are received and responded to in a timely and consistent manner.
6. Represents Xatsúll First Nation in discussions, initiatives, working groups, and/or negotiations with external partners; including, Indigenous and non-Indigenous government, industry, and community.
7. Actively identifies, promotes, and coordinates partnership and economic/capacity development opportunities with Indigenous and non-Indigenous partners focusing on resource management-related initiatives.
8. Ensures ongoing traditional use of lands and resource investigations and documentation are completed; including work and field trips with elders, traditional knowledge holders, resource users, and community members to document and map traditional, contemporary, and potential land uses; knowledge; and concerns.
9. Ensures ongoing engagement occurs to identify the needs and concerns of Xatsúll First Nation's Community Members and develops plans and programs to address gaps.
10. Coordinates, collaborates, and consults with other natural resources experts to share information and develops projects which would enhance the delivery of existing programs and services.
11. Procures and manages the services of contractors and consultants as required.

Human Resources and Administration:

1. Oversees and supervises all program staff
2. Participates in the recruitment and development of staff
3. Manages team performance by setting expectations and regularly reviews performance with staff; acts as coach and mentor to address performance issues; and administers progressive disciplinary actions as required
4. Prepares and submits regular activity reports and statistics to appropriate agencies and the community
5. Ensures there is an information management system, including checks and balances for the maintenance of accurate and confidential files and records; complies with reporting requirements
6. Ensures development, use, and maintenance of a database to track and follow up on all referrals and responses
7. Creates a safe and healthy environment
8. Provides support in establishing operational policies for the Natural Resources Department and the programs the department delivers and manages
9. Develops a communication strategy for public awareness of NRD programs and events
10. Participates in various community, council and committee meetings
11. Establishes and maintains annual operating budget and works to secure adequate revenue
12. Other duties as assigned or required

The duties listed are provided as examples of areas of responsibility and are not intended to create limits to responsibility but to help understand the scope of the position. All staff are expected to be team oriented and maintain confidentiality of all information gained while working with the organization.

JOB OPENING

Qualifications

Education:

- Bachelor's Degree in environmental-, forestry-, lands-related fields, including Natural Resources Management, Land Use Planning, Geography, Biology, and Environmental Sciences; or the right combination of experience and education.

Competencies:

The Natural Resources Manager should demonstrate competence in some or all of the following:

- Respect for Others – Builds Trust - Interacts sensitively, respectfully and in a non-judgmental manner to develop and maintain co-operative relationships. Models the values of the organization and demonstrates integrity in all actions
- Influence and Impact - Uses knowledge of situations to identify potential impacts and uses persuasion, presentation, or negotiation to convince others to adopt a specific course of action
- Communicates Information - Communicates and discusses with team critical information including the rationale behind decisions. Creates an environment where open honest communication is valued and develops strong, cooperative relationships
- Initiative - Is a self-starter, seeking out or taking the initiative to identify new challenges or opportunities and proactively doing things
- Analytical Thinking - Observes identifies and organizes information to detect underlying issues. Recognizes patterns to interpret implications, ascertain solutions and make recommendations

Skills and Abilities:

- Knowledge of resource management principles, practices, policies and procedures to consult with staff and various other governing bodies and agencies
- Proficiency in the use of computer programs for word processing, databases, spreadsheets, email and the internet, to the intermediate level (capable of using a large number of functions and feel confident using the program)
- Ability to work independently and build effective interpersonal relationships
- Ability to self-regulate, meet deadlines, have attention to detail, and respect confidentiality

Experience:

- Five years (+) natural resources experience in a similar position, or related experience
- Experience supervising and managing staff as well as developing and managing budgets

Working Conditions:

- Field work and walking through traditional territory to assess impacts required
- Travel to other related organization locations will be required
- Non-standard hours of work
- Receives minimal supervision with occasional direction and very few checks of the work performed

Conditions of Employment:

- Must be able to obtain and maintain a Criminal Records Check
- Must be able to obtain and maintain a valid BC Driver's Licence
- Must provide a vehicle in good operating condition and appropriate vehicle insurance to meet program requirements OR access to company vehicle is provided and requires a valid Driver's Licence

Directly Supervises:

- Natural Resources Executive Assistant, Referrals Coordinator, Mining Coordinator, Forestry Specialist, and other project-related staff as required

General Category:

- Operates as part of a team and is flexible about the boundaries and functions of the job
- Maintains open and professional communications with co-workers, board members and all others who do business with the society or member bands
- Ensures that all internal and external deadlines are met
- Travels as required in the performance of their job
- Serves on committees as directed by the Band Administrator

JOB OPENING

- Takes responsibility for identifying upgrading of personal skills necessary to perform job duties
- Successfully completes all training courses undertaken at the direction of Band Administrator or Supervisor
- Maintains confidentiality of all information seen, heard or obtained by virtue of employment
- Recognizes and respects all cultural diversity and has an understanding of Aboriginal culture

How to Apply:

Please provide a cover letter and resume

Email your Application to:

Human Resources
Email: hr@xatsull.com

Mail your Application to:

Fax to: 250 989-2300

Attention: Human Resources
Xat'sull First Nation (Soda Creek First Nations)
3405 Mountain House Road,
Williams Lake, BC V2G 5L5

Application Deadline: Open Until Filled

Applications will be accepted by email, hand delivery, fax or by mail.

NOTE** Only those selected for an interview will be contacted.

Preference will be given to persons of Aboriginal ancestry as per Section 16(1) of the Canadian Human Rights Act.